

Meaningful World

The Association for Trauma Outreach & Prevention (ATOP)

www.meaningfulworld.com

NY Office

185 E. 85th Street, New York, NY 10028

Phone: 1 (201) 941- 2266

E-mail: drkalayjian@Meaningfulworld.com

Press Release

Meaningfulworld Ambassador Training Program: Integrative Healing & Self Care

Leslie Popoff & Lorraine Simmons

On Saturday, 19 March 2016, an intimate group of professionals and students gathered to participate in the ATOP Meaningfulworld, Humanitarian Outreach Certificate Program. The goal of the all-day program was to identify the importance of self-care and its multidimensional aspects on mind-body-eco spirit levels. Upon arrival, participants were smudged with aromatic sage to clear and neutralize their energy. While, **Lorraine Simmons**, Meaningfulworld VP of Clinical Programs registered everyone, the participants enjoyed networking and eating a healthy breakfast to fortify themselves for a full day of listening, learning, releasing, learning lessons and integrating.



Attentive participants



Group Selfie



Katrina Selverian presenting

After everyone was registered, Lorraine officially welcomed the group and invited participants to observe a moment of silence to set the intention for the day and to ground them in the moment. Introductions were shared and Meaningfulworld Vows were read.

Meaningfulworld Vows

I vow to take good care of myself with compassion and love on mind-body and eco-spirit levels.

I vow to be present in the moment, to be responsive, assertive, and aligned.

I vow to have empathy for others with understanding, love and no judgment.

I vow to adhere to our core values: love, compassion, empathy, acceptance, letting go of attachments and embracing oneness, and serving humanity.

I vow to care for and serve my family, community, country, humanity, and the planet fully and unconditionally.

I vow to uphold the Declaration of Human Rights (1945), read it, teach it, practice it, and disseminate it.

I vow to learn the 7-step Integrative Healing Model, commit to practice it, teach it, and disseminate it.

I vow to practice forgiveness, shifting from the ego reaction, to an empathic, mindful and loving response.

I vow to commit to a life-time journey of self-knowledge, and continue my growth on mind body eco-spirit levels, to promote unity, oneness and energetic interconnectedness around the world.

Irene Tananyan, an Ambassador in training, led the group in meditative chanting which helped to create a sense of peace, mindfulness and community.

Dr. Ani Kalayjian, founder and President of ATOP Meaningfulworld, passionately, presented a reading of her recently written, poignant poem, *“Gratitude to Mother Earth,”* which she wrote in honor of the 60th Anniversary of the Commission on the Status of Women. **Dr. Kalayjian** reminded the group of two significant celebrations in March. On March 8 International Woman’s Day was celebrated, and on March 20 World Happiness day was celebrated.

Dr. Kalayjian was the facilitator for the lecture portion of the workshop. With participants, well fed, well-grounded and eager to learn; she began the morning session with a power point presentation which highlighted those factors that contribute to our experience of happiness. It is not the materialistic objects that we might gather, but rather the experience of caring for ourselves and others and giving as well as forgiving. The importance of breath, posture, preventative approaches to maintaining health, a focus on the present, and the nurturing of positive thoughts and attitudes all contribute to our sense of well-being. She then presented an overview of the stages of human development as theorized by Erikson, Sullivan, and Kohlberg. With this foundation of developmental theory, participants gained a greater understanding of the impact of trauma, and the interventions needed for recovery, healing, integration, and empowerment.

A quote by Rumi exemplified the importance of focusing on ourselves as agents of change rather than holding on to judgments and expectations for others.

**“Yesterday I was clever so I wanted to change the world...
Today I am wise so I am changing myself.”**

Dr. Kalayjian highlighted her signature 7-Step Integrative Healing Model which has been highly successful in the treatment of trauma and PTSD. Research has demonstrated that trauma is experienced psychologically and physically, and impacts individuals on a cellular level that can be passed on from one generation to the next. The development of a Genogram was illustrated as a valuable tool to facilitate our understanding of the emotional roles we play in our families and the impact that has on our interaction in all other groups in which we participate.

One of the most moving visual images was a photograph taken in India of rolling hills covered with a multitude of colorful wildflowers. This beautiful natural wonder was actually created by a woman who for 25 years hiked those hills and planted the bulbs and seeds that grew into the majestic, colorful landscape that others can enjoy today. **Dr. Kalayjian** asked of the participants; "Where are your seeds? And how consistent are you in nurturing and caring for them"?



*David Kirshbaum Non-Violence
International*



Lorraine, David & Dr. Ani



Andre Der-Artinian

David Kirshbaum, Director of New York Operations for Nonviolence International, was the Visionary Speaker. **Mr. Kirshbaum** spoke about the UN’s efforts to support NGO’s work towards

Sustainable Development Goals, including renewable energy; economic, environmental and social development; and women's empowerment.

Participants of the Continuing Education Training in Humanitarian Relief are asked to present on their life and how they chose the path of Meaningfulworld. Two attendees, **Andre Der-Artinian** and **Katrina Selverian** each discussed their personal journey, thus they fulfilled one of their requirements towards graduation in June. Andre is an accomplished high school senior who serves Meaningfulworld as a web designer and fundraising associate. Katrina is pursuing her Master's Degree in Social Work at the University of Pennsylvania and is an intern in research and public relations.

Lunch was a special treat as participants feasted on delicious homemade organic dishes, while viewing a very entertaining video by Brene Brown depicting the difference between empathy and sympathy with humor and keen insight. Meaningfulworld Humanitarian Relief Mission in the Middle East film followed, with discussions and plans for future missions.

The afternoon healing session included Soul Surfing; energy balancing exercises corresponding to the seven chakras, and Group Healing, using the 7-Step Integrative Healing Model. Two of the advanced students had an opportunity to practice co-facilitation as the other participants were invited to share trauma and stressors they are facing in their lives. The following are a few of the examples of stress expressed: Neighborhood gangs, bullying, managing school-extracurricular activities-internship, coping with accidents and illness within the family. An abundance of empathy was shared and participants were encouraged to move to lessons learned and meaning making. Throughout the day a strong sense of support, compassion, safety and community was created.



Heart-to-Heart-Circle of Love



Ubuntu Circle of Unity



Dr. Ani & Felicia

The workshop concluded with Dr. Ani's *Heart-to-Heart Circle of Gratitude and Love*, many warm hugs and an *Ubuntu-Circle of Unity and Oneness*. At the conclusion of the program, certificates of participation were provided.

The next scheduled training workshop will be on Saturday, **30 April, 2016**, all are welcome. Kindly, RSVP to edcoordinator@meaningfulworld.com and visit our website at: www.meaningfulworld.com.

Founded in 1990, Meaningfulworld, the Association for Trauma Outreach & Prevention (ATOP), affiliated with the United Nations, has achieved international recognition as a leader in training humanitarian outreach professionals as well as responding to two decades of global and local disasters. Meaningfulworld is committed to global education promoting state-of-the-art scientific theory, peace and consciousness research, and the development of technical skills to train mental health professionals, teachers, psychologists, art therapists, nutritionists, alternative medicine practitioners, clergy, nurses, mediators, interfaith ministers, and laypeople committed to service. Meaningfulworld Humanitarian Outreach teams make a daily difference in 45 countries in people's lives helping to transform tragedy and trauma into healing through post-trauma growth, guidance, empowerment, mindfulness, and meaning-making through a new worldview. Ask yourself... Ask your friends... What makes your world more meaningful?

Our Motto: When one helps another, BOTH become stronger